

Old Time Strongmen – Training and Resources
<http://owenjohnstonkarate.com>

This article was originally posted on the author's Odd Object Training blog -
<http://www.oddobjecttraining.com>

The old time strongmen from the 1800s and early 1900s were known for many legendary feats of strength. Many of these feats have not been replicated since! They used many kinds of training that are not commonly known, much less used, in "modern" gyms. Odd object training (such as anvils, sledgehammers, sandbags), progressive calisthenics, and various types of strongman training are coming back into fashion, however. The old time strongmen tended to not let any part of the body slip behind in strength, either - they trained the neck, forearms, calves, every muscle of the body. The benefits of this kind of training include coordination and agility, "all over strength" - power from head to toe, achieving a well balanced physique and a healthy body, building up insane grip strength and bulletproof joints, and well - learning how to do some awesome strength feats!

Some of the types of training that strongmen took up included kettlebell work, sprinting and overall endurance training, the art of hand balancing and other gymnastics style training, lifting barrels, kegs, and sandbags; there were even mental training methods used. Compound lifts such as deadlifts, presses, snatches and other such "big movements", many of which are still used today, were also trained. The old time strongmen were indeed into many different types of training that would benefit them in some way. Of course, they also understood the importance of recovery and proper nutrition. They also understood that you don't necessarily have to go through super long, protracted workouts every single day to become insanely strong, or machines, or a gym. The most important things are to understand proper exercise techniques to work each part of the body, how to work at enough intensity to force the body to adapt, with enough frequency to produce lasting gains.

Of course, dedication to the training and a long term outlook are also among the most important factors. Never rush your training - milk each exercise for all the strength gains you can possibly get out of it before moving up in intensity or load. As you progress in your training, whatever type of training you are into, remember to plan ahead. The more advanced you become, the more important it is to adjust frequency (how often you train, or how often you perform particular workouts), volume, exercise selection, intensity, and other factors.

Here is a list of the many types of strength feats strongmen were known for, and fortunately the knowledge of training methods for these is still around. The below webpage links out to articles that describe these feats. YouTube videos, as well as books and DVDs are available through this page.

Feats of strength - <http://legendarystrength.com/feats-of-strength/>

See the next page for a quick list of useful resources on the old time strongmen and their style of training. (Books, videos, and more.)

Resource List

Useful PDF books on the art of hand balancing -

<http://goo.gl/HCndtC>

<http://goo.gl/tW3XJM>

<http://goo.gl/V8yGGE>

I own an official print edition of Hand-Balancing for Muscular Development by Bill Hinbern, and I highly recommend it -

<http://goo.gl/Wt4ibG>

Some other very useful links -

<http://jasonferruggia.com/arthur-saxon-on-conditioning/>

<http://www.sandowplus.co.uk/>

<http://www.oldtimestrongman.com/products>

<http://www.oldtimestrongman.com/strength-articles>

<http://legendarystrength.com/?s=strongman>

http://www.functionalhandstrength.com/grip_articles.html

<http://astore.amazon.com/oldtimestrongman-20>

Be sure to also check out the YouTube playlists I put together for odd object training and hand balancing. Simply point your web browser to my video blog's URL below, then click on "Full List of YouTube Playlists" near the top, where you will find links to these playlists and more -

<http://www.karateplaylists.com>

Dinosaur Training - Lost Secrets of Strength and Development:

<http://www.brookskubik.com/>

"MASTER THE TRAINING SECRETS OF THE STRONGEST MEN WHO EVER LIVED - AND BUILD MORE STRENGTH, POWER AND MUSCLE THAN EVER BEFORE!"